

ASSORTED VARIETIES
Bick's Relishes
12-FL. OZ. JAR **39¢**

SWEETHEART
Fabric Softener
64-FL. OZ. PLASTIC BTL. **69¢**

HOSPITALITY
Hamburg or Wiener Buns
PKG. OF 8 **29¢**

IGA
Coffee Creamer
11-OZ. JAR **75¢**

COFFEE BREAKS OR FUDGE-O
Christie's Biscuits
15.9 TO 16-OZ. PKGS. EACH **79¢**

MOTHER PARKER'S PACKED IN A 16-FL. OZ. MASON JAR
Instant Coffee 5-OZ. JAR **\$1.69**
IGA Ketchup 15-FL. OZ. BTL. **45¢**
Long Grain Rice 2-LB. POLY BAG **65¢**
Post Alpha-Bits 15-OZ. PKG. **89¢**

BACK AGAIN BY POPULAR DEMAND
Play **IGA**
LUCKY SPIN
AT THE CNE, VISIT OUR IGA BOOTH IN THE FOOD PRODUCTS BUILDING.
WED, AUG. 25TH, is Food Products Day (over 20,000 prizes to be given away) throughout the Food Products Building.

IN TOMATO SAUCE
Heinz Spaghetti
19-FL. OZ. TINS **3 \$1**

PRICES EFFECTIVE WED. THRU SAT., AUGUST 18-21. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



Remember When Service was part of your order? At IGA it still is!

TABLERITE BEEF Prime Rib Steaks LB. **\$1.19**

FRESH!
Butt Pork Chops LB. **99¢**
Fresh! Pork Roasts MEATY **79¢** SHOULDER PORTION **89¢** BUTT PORTION LB.

TABLERITE FEATURE OF THE WEEK...
TABLERITE SLICED MAC 'N CHEESE, MOCK CHICKEN PICKLE & PIMENTO, DUTCH OR BOLOGNA
Sandwich Meats 6-OZ. PKG. **29¢**

Beef Steakettes BONIMART, 4-OZ. 2-LB. CTN. **\$1.79**
Wieners PRIDE OF CANADA 1-LB. PKG. **85¢**
Side Bacon SUNNY MORN, RINDLESS, SLICED 1-LB. PKG. **\$1.65**
Pork Sausages SWIFT'S PREMIUM 1-LB. PKG. **\$1.09**
Deluxe Pizza UNIVERSAL, 9" x 14" 25-OZ. PIE **\$1.79**
Polish Sausage SCHNEIDER'S STORE PACKED LB. **\$1.19**

LIQUID
Javex Bleach
128-FL. OZ. PLASTIC BTL. **85¢**

CHUNK LIGHT
Cloverleaf Tuna 6 1/2-OZ. TIN **59¢**

100% PURE FROM FLORIDA FROZEN CONCENTRATE
Old South Orange Juice
12 1/2-FL. OZ. TIN **43¢**

Boni Tomato Paste 5 1/2-FL. OZ. TINS **\$1**

FAIR LADY 100% VEGETABLE OILS
Soft Margarine 1-LB. TUBS **3 \$1**

CHOCOLATE OR VANILLA
Borden's Milk Shakes 3 9.5-FL. OZ. TINS **\$1**
IGA Raisin Pie 20-OZ. SIZE EACH **75¢**
Ice Cream Cones ROBINSON'S ECONOMY CUP (REGULAR OR COLORED) PKG. OF 48 **89¢**
Weston's Candies ASSORTED VARIETIES 3 3 1/2 TO 7-OZ. PKGS. **\$1**
Kotex Napkins REGULAR PKG. OF 48 **\$2.79**
Kotex Napkins FRESHMINT OR MILD MINT, FLUORIDE PKG. OF 48 **\$2.79**
Maclean's Toothpaste IGA, 26" x 36", 1.5 MIL 100-ml TUBE **97¢**
Plastic Garbage Bags QUIKKI, ROLL 'O-BAGS, 15 LITRE, PLASTIC PKG. OF 10 **79¢**
Kitchen Garbage Bags LEMON (PRE-PRICED 69¢) PKG. OF 30 **77¢**
Joy Liquid Detergent 24-FL. OZ. PLASTIC BTL. **59¢**

IGA CHOICE
Whole Tomatoes
28-FL. OZ. TIN **49¢**

BEEF, CHICKEN, MEAT LOAF, SALISBURY STEAK OR TURKEY
Banquet Frozen Dinners 11-OZ. PKG. **75¢**
Pillsbury Wiener Wraps REGULAR, ONION OR CHEESE FLAVORED 7-OZ. PKG. **35¢**
IGA Shortening BLENDRITE 1-LB. PKG. **49¢**

Marie-Paule Green
Marie-Paule Green
Director - Consumer Affairs Dept.
Use spinach greens for summer salads...
Bright dark green leaves of fresh spinach add color and flavor to tossed salads whether torn into bite-size pieces or left whole. One pound of fresh spinach will provide 8 to 10 servings if used alone in a salad. Flavor with hard boiled eggs, crisp bacon bits, grated cheddar cheese, marinated onion rings or apple slices. Top with a nippy French dressing.
For best quality use spinach 3 to 4 days after purchase.
Storage Tip: keep pre-packaged spinach unopened in the refrigerator crisper.
MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE-300 THE EAST MALL, ISLINGTON, ONTARIO M9B 6B8.

USE ONTARIO GROWN FRUITS & VEGETABLES IN YOUR DAILY SALAD.
ONTARIO GROWN CANADA NO. 1 GRADE **Sweet Corn** DOZ. **99¢**
ONTARIO GROWN CANADA NO. 1 GRADE **Celery Stalks** SIZE 24'S EA **35¢**
ONTARIO GROWN CANADA NO. 1 GRADE "SWEET" **Green Peppers** 2 FOR **29¢**
PRODUCE OF REPUBLIC OF SOUTH AFRICA CANADA FANCY GRADE **Granny Smith Apples** LB. **39¢**
ONTARIO GROWN **Green Onions** 2 BUNCHES FOR **29¢**
ONTARIO GROWN CANADA NO. 1 GRADE **Field Cucumbers** 2 FOR **39¢**

PRODUCE OF U.S.A.
Sunkist Oranges SIZE 113'S DOZ. **89¢**

ELMVALE I.G.A. Thurs. & Fri. 8:30 a.m.-9:00 p.m.
PENETANG I.G.A. Poyntz Plaza, Penetang
MIDLAND I.G.A. 397 Russell St., Midland
Victoria Harbour I.G.A. Victoria Harbour